



IT'S A FACT

YOU SHOULD KNOW WHAT TO LOOK FOR IN AN ERGONOMIC CHAIR

Controls

- Controls should be labeled.
- Your chair should be easily adjustable while sitting in the seat and require the use of only one hand to operate the controls.
- The controls should be logical, consistent, and provide immediate feedback.

Seat Height

You should adjust your seat height until the crease behind your knees is slightly above the seat, so the chair is not pressing into the back of your knees. The minimum adjustment range for seat height should be 16" to 20½" (41 to 52 cm).



Seat Pan Depth

- The seat pan depth should be 15" to 17" (38 to 43 cm). With your back against the backrest, the front edge of the seat pan should not touch the crease of your knee. You should be able to fit two fingers between the front edge of the seat pan and the backs of your knees.
- A seat pan that is too short may not give adequate support under your thighs.
- A seat pan that is too long may cause the front edge of the seat to contact the back of your legs and lead to discomfort.

Seat Pan Width

The seat pan should be wide enough to allow you to shift in your seat (at least as wide as your thighs), a minimum of 18¼" (46.5 cm) wide at its back edge, and padded and contoured for support.

CONTINUED ON PAGE 2

Seat Pan Slope

The seat pan should have an adjustable range that allows 5° of tilt both forward and backward. If you lean forward for a significant part of the day, a forward tilting seat pan is important. The seat pan should lock in each position.

Seat Pan Padding

- The seat pan cushion should be firm and made of a porous, breathable, and resilient material. The contour should allow your lower back to come in contact with the backrest.
- The front edge of the seat pan should be softly padded, with the front edge rounded in a waterfall fashion.
- Soft, deeply padded seat pans cause you to sink too far into the seat. Over long periods of time, this causes tension in the hip muscles.

Backrest

The support surface of your backrest should be a minimum of 15" (38 cm) high and 12" (30.5 cm) wide, and should contour to the curve of your lower back. The backrest should also:

- Be large enough to support your entire back and widen from top to bottom, and be concave from side to side to conform to your body.
- Have a forward and backward tilt, reclining a minimum of 15° and lock into place.
- Contain a spring-loaded pivoting mechanism, which allows it to follow your natural body movements while maintaining constant body support.
- Contain a lumbar (low back) support. The lumbar support should be adjustable to position the middle of the lumbar support a minimum of 6" to 10" (15 to 25.5 cm) above the seat pan.

Armrests

Armrests should:

- Be adjustable both horizontally and vertically (minimum 7" to 10½" (18 to 27 cm)).
- Be long enough to support your forearms.
- Be padded and removable.

Base

- The chair should have a solid base, be supported by five legs, and have casters that roll easily.
- The chair should swivel 360° so it is easier to sit down, stand up, and move within your workstation.